

## **KISAR Wilderness First Aid Kit**

### **Basic Kit:**

- Exam gloves (3+ pairs)
- SOAP notes and pencil
- CPR mask with one-way valve
- Self-adhering stretch roller bandage (2 rolls)
- Square gauze pads, vacuum packed (20+)
- Gorilla/Duct tape (10 yards)
- Wound-cleaning 60 mL syringe
- 10% iodine solution (10-20 mL) or swabs
- Acetaminophen
- Ibuprofen
- Band-Aids (various sizes) or foam tape (1 roll)
- Chemical hand warmer packs (2-4)
- High glycemic index snack (e.g., Skittles)
- Medical assessment quick reference cards

### **Optional:**

- Epi pen
- Oral antibiotics (Rx)
- Trauma shears with ring cutter
- Small wood saw
- Tincture of benzoin (4+ swabs)
- Moleskin